

News You Can Use!

Family Support Bulletin for Families and Friends of 927th Reservists



"Family and Personal Readiness is Mission Readiness"

Summer 2003

10 Signs of a Great Preschool

If your child is between the ages 3 and 6 and attends a child care center, preschool, or kindergarten program, the National Association for the Education of Young Children (NAEYC) suggests you look for these 10 signs to make sure your child is in a good classroom.

- Children spend most of their playing and working with materials or other children. They do not wander aimlessly, and they are not expected to sit quietly for long periods of time.
- Children have access to various activities throughout the day. Look for assorted building blocks and other construction materials, props for pretend play, picture books, paints and other art materials, and table toys such as matching games, pegboards, and puzzles. Children should not all be doing the same thing at the same time.
- Teachers work with individual children, small groups, and the whole group at different times during the day. They do not spend all their time with the whole group.
- The classroom is decorated with children's original artwork, their own writing, and stories dictated by children to teachers.
- Children learn numbers and the alphabet in the context of their everyday experiences. The natural world of plants and animals and meaningful activities like cooking, taking attendance, or serving snacks provide the basis for learning activities.
- Children work on projects and have long periods of time (at least one hour) to play and explore. Worksheets are used little if at all.
- Children have an opportunity to play outside everyday. Outdoor play is not sacrificed for more instructional time.
- Teachers read books to children individually or in small groups throughout the day, not just at group story time.
- Curriculum is adapted for those who are ahead as well as those who need additional help. Teachers recognize that children's different background and experiences mean

that they do not learn the same things at the same time in the same way.

- Children and their parents look forward to preschool. Parents feel secure about sending their children to the program. Children are happy to attend; they do not cry regularly or complain of feeling sick.

Also ask if the program is accredited by NAEYC. NAEYC-accredited programs complete a rigorous self-study and external review to prove that they meet standards of excellence in early childhood education.

Want more information? Send a self-addressed, stamped, business-size envelope to NAEYC Box 522, 1509 16th Street, N.W., Washington DC 20036. You'll receive a complimentary brochure entitled "Good Teaching Practices for Older Pre-schoolers and Kindergartners."

Just for Fun - Advice from Kids!

If you have ever been around children, you know that sometimes they speak the most literal words of wisdom! Here are some gems:

- Never trust a dog to watch your food. Patrick, age 10
- When your dad is mad and asks you, "Do I look stupid?" don't answer. Hannah, age 9
- Stay away from prunes. Randy, age 9
- When your mom is mad at your dad, don't let her brush your hair. Taylia, age 11
- Puppies have bad breath even after eating a Tic-Tac. Andrew, age 9
- Never hold a dust buster and a cat at the same time. Kyoyo, age 9
- You can't hide a piece of broccoli in a glass of milk. Amir, age 9
- If you want a kitten, start out by asking for a horse. Naomi, age 15
- Felt markers are not good to use as lipstick. Lauren, age 9
- Never try to baptize a cat. Eileen, age 8
- Don't squat with your spurs on. Noronha, age 13

Online Safety



School-age children, home for the summer, may have more opportunity to go on-line than usual. If you haven't already done so, this would be a good time to talk with your children about Internet safety.

The common fear is that a pedophile will gain a child's confidence and then arrange to meet him or her. Although this happens, it is far more likely for a child to expose him or herself to harassing, demeaning, or inappropriate material. While not physically damaging, this can hurt a child's self-esteem and trust. There is also the risk that the child might release sensitive information such as credit card or bank account numbers. To guard against such problems, parents must be involved in the child's Internet usage.

There is a website site to help parents with ideas about online safety. It is www.safekids.com and it contains a wide variety of information, including safety pledges for children and parents. Parents can have their children read and sign this pledge and post it near the computer as a reminder.

Help your children to have a safe summer – include a family talk about online safety!

Helpful Information Available in the Family Support Office

The 927th Family Readiness Office has a wide variety of information available in the form of booklets and brochures. If you would like us to send you a copy of any of the following items, please contact us at 1-877-981-8714, ext 5092.

Protect Your Family with a Family Care Plan – a good idea for everyone, not just those required to have one!

About Being a Guardian for a Military Dependent Family Member – ideas for single parents or military married to military who must have guardians for children.

About Deployment – discusses practical concerns, keeping in touch, emotional aspects of deployment and reunion.

How to Use Credit Wisely – A Guide for Service Members – contains a DPP payment calculator; discusses the importance of maintaining good credit, how to apply for credit, knowing your limits, and danger signals.

Stress and Parenting – What You Should Know – discusses some causes of stress and how to alleviate them

Mission: Readiness – A Personal and Family Guide for National Guard and Reserve Members – contains a wide variety of information including material about preparing for mobilizations/deployments and benefits and entitlements; also contains helpful worksheets for recording important information regarding budget, property and sources of assistance.

Guide to Reserve Family Member Benefits – Department of Defense publication that contains information about TRICARE, military pay and allowances, civilian job rights and protection, and more!

Some Bicycle Safety Tips

Bicycles are associated with more childhood injuries than any other consumer product except the automobile, according to the National SAFE KIDS Campaign.

More than 70% of children ages 5 to 14 – 27.7 million children – ride bicycles. In 1997, children ages 14 and under accounted for 40% of bicyclists injured in motor vehicle crashes.

Many of these injuries can be prevented. SAFE KIDS offers these tips for bicycle safety:

- **Make sure children wear a bicycle helmet every time they ride.** This is the single most effective safety device available to reduce head injury and death from bicycle crashes.
- **Wear the helmet correctly.** The helmet should fit comfortably and snugly without being too tight. It should sit squarely on top of the head and should not slip forward, backward, or from side to side. The helmet should cover the forehead and the straps should always be buckled.
- **Make sure the bicycle helmet meets current safety standards.** Buy a helmet that meets or exceeds the safety standards developed by the US consumer Product Safety Commission or those developed by ANSI, Snell, or ASTM.
- **Teach children the rules of the road and to obey all traffic laws.** Ride on the right side of the road, with the traffic flow, not against it. Use appropriate hand signals. Stop at all stop signs and stop lights. Stop and look both ways before entering an intersection.

For more information on bicycle safety, call the National SAFE KIDS Campaign at (202) 662-0600, or visit their website at www.safekids.org. The website contains a variety of information about child safety – not only bicycle safety – but also recall information, information about car seats, and other products for children.

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